

# KNOW what to do about the FLU!

## *Novel H1N1 Influenza (Swine Flu) and Seasonal Flu Information for:* **Women who are Pregnant**

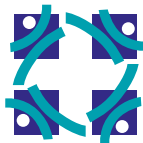
Pregnant women with Novel H1N1 flu seem to be more likely to become sicker than other people with Novel H1N1 flu. Pregnant women with regular, seasonal flu have problems such as early labor or severe pneumonia; pregnant women should take any type of flu very seriously.

The best protection of all is to **GET VACCINATED!** Pregnant women will be among the first people eligible to receive the Novel H1N1 flu vaccine. Protect yourself against the seasonal flu now because even that can place you and your baby at risk of serious complications.

### **Protect Yourself, Your Baby and Your Family!**

**Take these steps to help prevent the spread of germs and reduce your risk of getting sick:**

- Cover your nose and mouth with a tissue when you cough or sneeze, or sneeze into your sleeve.
- Wash your hands often with soap and warm water.
- Avoid touching your eyes, nose, or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- Have a plan to care for sick family members.
- Stock up on household, health and emergency supplies: water, Tylenol and non-perishable foods.



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Source: [www.health.state.ny.us](http://www.health.state.ny.us)

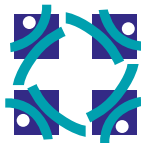
# KNOW what to do about the FLU!

## *Novel H1N1 Influenza (Swine Flu) and Seasonal Flu Information for:* **Students and Parents**

During the spring of 2009, a new flu virus started making people sick in the United States and throughout the world. At first this illness was called the “swine flu,” but now you may hear it called Novel H1N1 Influenza. To date, most people affected with the Novel H1N1 flu virus have experienced mild to moderate illness, similar to seasonal flu; but it has been serious enough to cause hospitalizations and deaths across the world.

### **What Can You Do?**

- Get the seasonal flu vaccine now! It won't protect you against the Novel H1N1 Influenza, but seasonal flu can get you just as sick.
- When it becomes available, children should get the H1N1 vaccine. The seasonal influenza vaccine will not protect against the H1N1 virus. Children aged 6 months to 24 years need a separate vaccination for H1N1. That vaccine will be available this fall. People will need 2 doses, given at least 3 weeks apart.
- Sick kids should stay home! They should NOT go to school or work. Individuals with flu like symptoms should stay home for at least 24 hours after a fever has disappeared (without the use of fever-reducing medication).
- Always cover your mouth and nose when you cough with a tissue—not your hand! If you don't have a tissue, cough or sneeze into your sleeve. And always remember to wash your hands with soap and warm water for at least 20 seconds.



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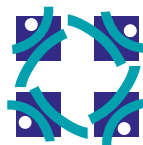
Source: [www.health.state.ny.us](http://www.health.state.ny.us)

# KNOW what to do about the FLU!

*Novel H1N1 Influenza (Swine Flu) and Seasonal Flu:*

## Differences and Similarities

- *Everyone should get vaccinated against the seasonal flu. Once the vaccine for the Novel H1N1 becomes available, you should receive it as well for the best protection.*
- The Novel H1N1 Influenza is caused by a new virus that is different from the seasonal flu virus we usually see each fall and winter.
- The virus that causes the seasonal flu changes a little bit each year, but the changes are small and people have some built up resistance to the virus.
- The Novel H1N1 Influenza is new and different enough so that many people, especially younger people, do not have much resistance.
- Every year people get sick with the seasonal flu and some die or are hospitalized from the flu.
- The people at highest risk for the seasonal flu are the elderly, those over the age of 65.
- With the Novel H1N1 flu, the people most likely to get the flu and who may get sickest are: pregnant women, children 6 months to 24 years, and people with chronic medical conditions.
- The symptoms for the seasonal flu and the Novel H1N1 flu are very similar and include: fever, cough, sore throat, body aches, headaches, chills, and tiredness. With the Novel H1N1 flu, sometimes diarrhea and vomiting also occur.



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Source: [www.health.state.ny.us](http://www.health.state.ny.us)

# H1N1 & Seasonal Influenza (Flu) Prevention

Erie County



Chris Collins  
County Executive

Anthony J. Billitter IV, M.D., FACEP  
Commissioner of Health

Department of Health

## Top 10 things you can do to prevent the flu.

1. Wash your hands often, especially after coughing & sneezing. Wash for 20 seconds with soap & warm water. Use alcohol-based hand sanitizers or wipes if soap and water are not available.
2. When coughing or sneezing, cover your mouth & nose with a tissue or the inside of your elbow. Throw the used tissue in the trash and wash your hands.
3. Avoid touching your eyes, nose & mouth. Germs spread this way.
4. If you are sick, stay home and away from others for 24 hours after your fever ( $\geq 100^{\circ}\text{F}$ ) is gone without the use of fever reducing medications.
5. Stay away from sick people whenever possible.
6. Most people who get the flu do not need to go to the doctor or hospital unless they are severely ill or have an underlying condition.
7. If you are severely ill or at high risk for influenza complications and become ill, call your health care provider as soon as possible. Early treatment with antiviral medications is very important for people at high risk because it can prevent hospitalizations and deaths.
8. Consider getting vaccinated for seasonal flu if it is recommended for you. Your primary care provider is the best place to get vaccinated. If that is not possible, then click here to find a list of community sites that offer the seasonal flu vaccination.
9. Consider getting vaccinated for H1N1 if you are in one of the following initial target groups
  - Pregnant women
  - Persons who live with or provide care for infants aged <6 months
  - Health-care and emergency medical services personnel
  - Children and young adults aged 6 months - 24 years
  - Persons aged 25 - 64 years who have medical conditions that put them at higher risk for influenza-related complications
10. Keep informed by going to the following websites.
  - ECDOH ([www.erie.gov/health/swine\\_flu.asp](http://www.erie.gov/health/swine_flu.asp))
  - NYSDOH ([www.health.state.ny.us/diseases/communicable/influenza/h1n1/](http://www.health.state.ny.us/diseases/communicable/influenza/h1n1/))
  - CDC ([www.cdc.gov/h1n1flu/](http://www.cdc.gov/h1n1flu/))
  - Flu.gov ([www.flu.gov/](http://www.flu.gov/))



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Source: [www.health.state.ny.us](http://www.health.state.ny.us)

# KNOW what to do about the FLU!

## *Novel H1N1 Influenza (Swine Flu) and Seasonal Flu Information for:* **Persons with Chronic Diseases**

**For the best protection—Get Vaccinated!**

*Be sure to get vaccinated against the seasonal flu.* Talk to your doctor about getting the H1N1 flu vaccine as soon as it is available. Anyone can get influenza, but it is most serious in the elderly, in young children, in people with chronic underlying health conditions such as asthma, diabetes or a weakened immune system. Some people are more likely than others to get very sick with the flu.

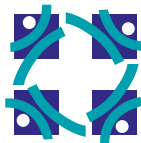
### **Health conditions that increase the risk of influenza complications**

- Asthma and other chronic respiratory conditions
- Chronic heart, kidney or liver disease
- Hematologic diseases, such as sick cell anemia
- Metabolic disorders, such as diabetes
- Weakened immune system (HIV/AIDS), from illness or medication
- Neuromuscular disorders that interfere with breathing or the discharge of mucus
- Pregnancy
- Long-term aspirin therapy in people under 19

Source: [www.nyc.gov](http://www.nyc.gov)

### **Stay Healthy!**

Take steps to eat right, get enough sleep, and reduce stress as much as possible. Staying healthy reduces your risk of getting the flu and other infections, and helps your immune system fight off the flu if you do get it.



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Source: [www.health.state.ny.us](http://www.health.state.ny.us)

# KNOW what to do about the FLU!

## *Novel H1N1 Influenza (Swine Flu) and Seasonal Flu Information for:* **People 65 and Older**

Based on information since the first outbreak of the Novel H1N1 Influenza in the Spring 2009, people 65 and older are LEAST likely to get sick from the Swine Flu. Older persons may have some immunity to Novel H1N1 influenza causing them to be less vulnerable to this new strain of flu.

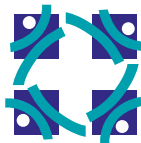
### **What Should You Do?**

You should get the regular, seasonal flu vaccine as soon as possible. People 65 or older are at highest risk of serious illness if they get the flu. Once the Novel H1N1 flu vaccines become generally available, talk to your doctor about whether you should get the vaccine too.

### **Watch For Flu Symptoms!**

#### **Symptoms of the flu include:**

- Fever
- Cough
- Sore Throat
- Body Aches
- Headaches
- Chills & Tiredness
- Diarrhea & Vomiting



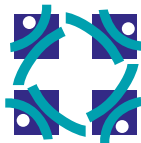
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Source: [www.health.state.ny.us](http://www.health.state.ny.us)

# Did you know? Clean Hands Save Lives!

## When Should You Wash Your Hands?

- After going to the bathroom
- After changing diapers or cleaning up a child who has gone to the bathroom
- Before and after caring for someone who is sick
- After handling uncooked foods, particularly raw meat, poultry, or fish
- After blowing your nose, coughing, or sneezing
- After handling an animal or animal waste
- After handling garbage
- Before and after treating a cut or wound
- After handling items contaminated by flood water or sewage
- When your hands are visibly dirty
- Keeping your hands clean helps you avoid being sick!



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Source: [www.health.state.ny.us](http://www.health.state.ny.us)

After playing outside



After touching animals

After coughing and sneezing



# Be a Good Hand Washer!

After using the bathroom



Before eating



Good handwashing takes 20 seconds, or the time it takes to sing one verse of "Old MacDonald Had a Farm."

## E-I-E-I-OOO!



Wash with soap and warm water



Sing for 20 seconds



Rinse



Dry



The Soap and Detergent Association  
www.cleaning101.com



www.health.state.ny.us

Source: www.health.state.ny.us



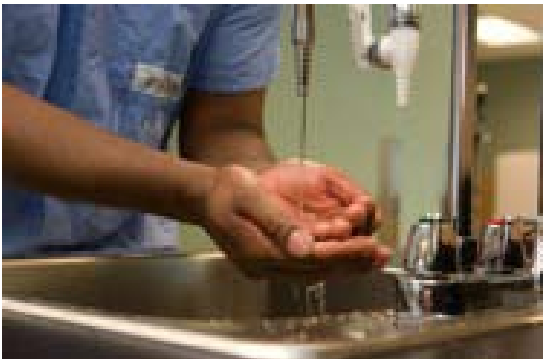
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# How to Wash with Soap and Water!

*Place your hands together under warm water.*

*Rub your hands together using soap if available for 20 seconds.*



*Wash your hands thoroughly, including wrists, palms, back of hands, and under fingernails.*

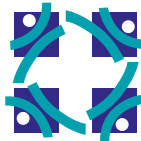
*Rinse the soap from your hands and dry your hands completely with a towel to remove*

*the germs. It is also okay to air dry your hands.*

*Remember: If soap and water are not available, use an alcohol-based hand sanitizer.*



- *Apply the product to the palm of one hand.*
- *Rub the product over all surfaces of hands and fingers until hands are dry.*

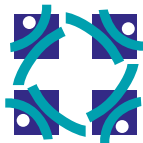
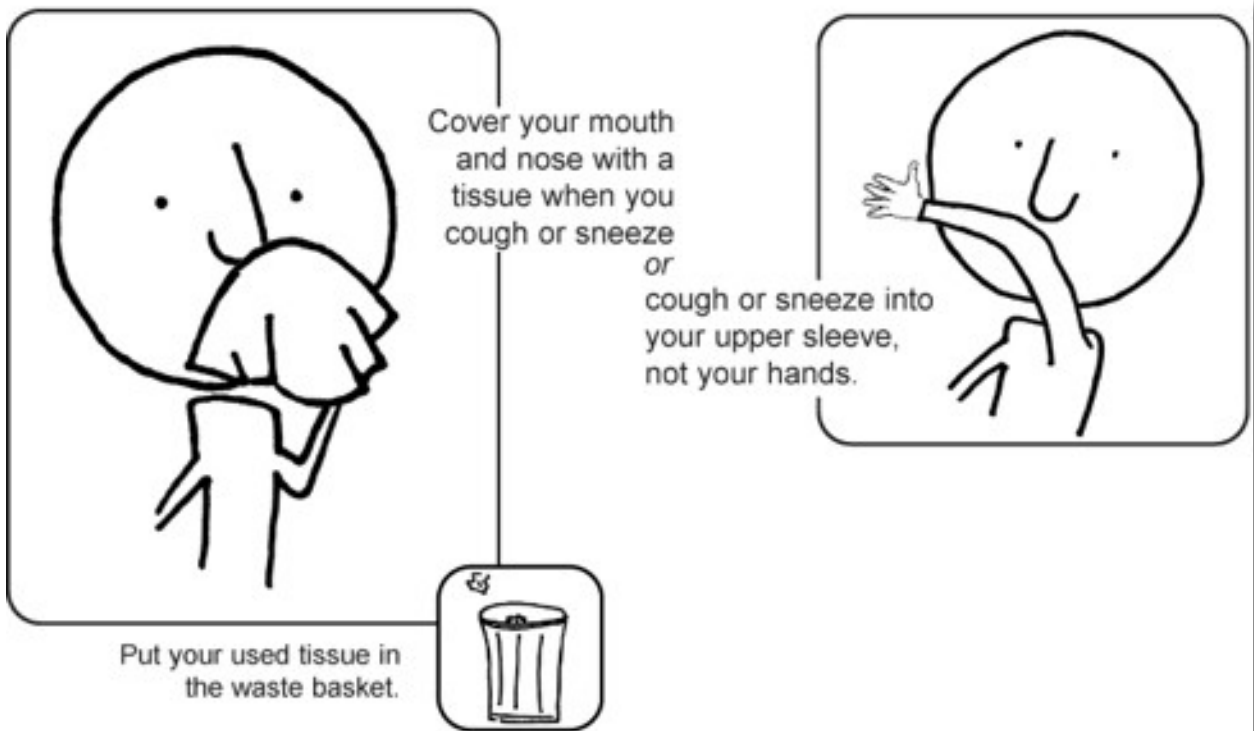


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Source: [www.health.state.ny.us](http://www.health.state.ny.us)

# Cover your Cough!!

Stop the spread of germs that make you  
and others sick!



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Source: [www.health.state.ny.us](http://www.health.state.ny.us)

# Get Your Seasonal Flu Shot Right Away!

The 2009-2010 VNA Immunization Program will begin Sunday, September 20. Over 500 clinics will be held throughout Erie, Niagara, Chautauqua and Cattaraugus counties at both public and private locations.

Flu Vaccinations offered to ages 9 and older. Parent or guardian must be present and sign consent for ages 9-17.

Church of the Good Shepherd .....	10/25/2009
96 Jewett Parkway .....	9:00am–1:00pm
Deerhurst Presbyterian Church .....	10/25/2009
257 Deerhurst Park Blvd .....	11:00am–1:00pm
Seneca Babcock Comm Center .....	10/28/2009
1168 Seneca St .....	10:00am–12:00pm
Millard Fillmore Gates Circle Hospital .....	10/31/2009
3 Gates Circle .....	12:00pm–4:00pm
Cazenovia Resource Center .....	11/2/2009
155 Cazenovia Street .....	12:00pm–3:00pm
Parkside Lutheran Church .....	11/3/2009
2 Wallace Ave .....	3:00pm–7:00pm
Buffalo General Hospital .....	11/8/2009
100 High St .....	11:00am–3:00pm
Gloria Parks Community Center .....	11/10/2009
3242 Main Street .....	11:00am–1:00pm
Villa Maria College .....	11/10/2009
240 Pine Ridge Rd .....	10:00am–2:00pm
Crane Public Library .....	11/12/2009
633 Elmwood Ave .....	11:00am–3:00pm



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